

Men Care Too – new project for male carers

We are delighted to launch our new project to provide specialist group support to male carers – “Men Care Too”.

Carers' Resource is running this project thanks to funding from Carers Trust as part of a national programme which aims to support a range of under-represented groups.

National research by Carers UK shows that men are among the hardest groups of carers to reach and support.

In 2020, around 26% of referrals to Carers' Resource were male. However, we know there are many more male carers out there who need support – Carers UK estimate that 42% of carers are men.

Through this new project, we will be offering additional group support to male carers, over and above our existing services, to provide an inclusive and beneficial range of activities for male carers.

Mohammed Mahboob, Male Carer Development Worker at Carers' Resource, says: “Men can sometimes be reluctant to ask for support.

We want to identify and reach out to more male carers across Bradford, Craven and Harrogate, and provide them with services they want and need.

“We hope this project will improve their quality of life, reduce isolation and help them to cope with their caring role.”

New activity groups will begin this spring and summer, including allotment groups, fishing trips, walking groups and supper clubs.

There will also be online groups for the Bradford, Harrogate, and Skipton areas, providing group support to male carers.

A male carers' forum will meet regularly, and a number of trips away are also planned.

Carers' Resource will also be producing specific information resources for male carers, including information on men's physical and mental health.

We have recently contacted male carers who are registered with us, to consult with them on any further groups and activities they would like to see.

The project is funded for two and a half years, but it is hoped many of the activities will become sustainable into the future.

If you would like to find out more about this project please email info@carersresource.org



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Out and about with our walking groups

Our popular walking groups are a fantastic way to get some fresh air and exercise, and talk to others at the same time.

The Harold Park Walking group meets every two weeks on Friday mornings, in one of Bradford's beautiful Green Flag Award parks.

Melanie Evans, who runs the group, said: *"This group is attracting more carers now which is great. It's a lovely group with carers who are making friends while getting fresh air, exercise and reducing their social isolation. The views in the park are amazing, especially looking over the lake when the sun is shining with the various birds swimming around."*



One of the carers from the group told us they enjoy getting a break and some fresh air. The carer said: *"It's good to speak with other carers who may be going through the same things as myself."*

We've also been running walks with the RSPB, with a bird-spotting Winter Walk taking place in Northcliffe Woods, Shipley.

Paul and Carol Barrett of the RSPB Airedale and Bradford Branch led the group, which was treated to hearing a great spotted woodpecker which seemed to echo its tapping around the wood. The group also saw a dunnoek, woodpigeon, magpie, blackbird, crow, black headed gull and green parakeets.

One carer said: *"Once again thank you for organising such a wonderful walk. Paul and Carol are fantastic guides and it was good to see some familiar faces, along with other experts on birds and Northcliffe Park. It was a privilege to be in their company. What a gem Northcliffe is. The whole walk was a delight."*

If you'd like to find out more about our walks and take part in the upcoming groups, please contact Melanie on 01274 449660 or email groupworkers@carersresource.org



Chris Whiley, CEO

As an organisation we recognise how regularly the contribution of unpaid carers is forgotten when key decision makers are thinking about new, or amending current, legislation. Too often, at local and regional level the commitment of carers is taken for granted when the system is under pressure.

It is therefore heartening to see unpaid carers having a clear place in the White Paper published in December. Carers' Resource will be following proceedings closely, and will advocate on behalf of carers wherever we can. However, in order to do this with confidence we need to be sure we are reflecting your views and feelings, so please keep in touch and let us know about your experiences and what really makes a positive difference.

I am delighted that we have been able to set up a project focussed particularly on the needs of male carers. We know that there are considerably more men out there caring for a family member or friend than come into contact with us, so this is a real opportunity to reach out to them and make sure they are getting the support they need.

I am hopeful that with most of us vaccinated and the onset of spring and summer we will see the back of the worst of the virus and I look forward to meeting many of you face to face in the months to come.

Best wishes

Chris

“Someone else has given their time for free just to help improve our lives”

Linda Barnes tells us how a Carers' Time Off volunteer has made a huge difference to her, and husband Ken, who is living with dementia.

Ken has a new friend. She is kind, sensible and reliable, in fact I'm a little jealous I don't get to spend more time with her, I can understand why he likes her so much.

They meet once a week, usually have a ride out in the car, a little walk and then a cup of tea. A couple of hours that give me precious free time.

Ken's language and cognitive difficulties meant we needed someone special, confident and capable of taking on Ken's specific challenges.

The introductory meeting was interesting, I'm not sure what impression we made, certainly it was friendly but I admit being a little nervous. Would this lady with all the right qualifications want to take us on?

We are delighted when everyone agrees to have a trial run. Ken is very happy, he loves being singled out for special attention and I am more than confident in my judgement. I believe this pairing will work.

It's a very brave thing to take on an almost-stranger, be responsible for their safety and well-being, knowing that they are vulnerable and reliant.

It's not easy letting go either. The first trip is a success, I admit I didn't go far from my phone, but the smiles when they returned proved my worries unfounded.

The following week I'm braver, and decide I'm going to make the very best of the two hours respite. One thing I would really love to do is go horse riding again, and I'd mentioned this when we set up a regular time. I'm encouraged to give it a go, and so glad I did.

Getting to know someone takes a little time, but it's clear a bond is building, there is trust and deeper understanding, and a growing friendship. Ken gets a lot out of the change of scenery and company, doing something that isn't connected to me. He is always delighted to see his volunteer, and returns happy.



My fortnightly riding sessions are a highlight I look forward to. I'm getting more confident. I've even been over jumps. Doing something on my own, for myself, makes me deal with dementia more positively and be a nicer version of myself, refreshed and ready to deal with whatever comes our way.

I know how lucky we are to have the support. It has made a huge difference especially to my wellbeing. When I'm astride a horse I have to concentrate, and for the hour's lesson don't even think about Ken. It is definitely because I have complete faith that he is in good hands.

We are gifted what matters most – time, it is something that I will never take for granted. I do my best to make the most of every minute.

I know someone else has given their time for free just to help improve our lives. They didn't have to, but wanted to. The world has some lovely people in it.

Fay Beese – Volunteer with Carers' Time Off

Essentially Carers' Time Off offers carers two hours off per week to pursue other interests or simply to just recharge their batteries.

It was really important to me that both Ken and Linda should be happy, comfortable and benefit from this arrangement in equal measure.

It was decided that I would take Ken out for a drive, take a short walk, weather permitting and maybe have a drink and cake if the time and the situation allowed. I really liked this plan as I felt that if Ken was having a good time that Linda would better enjoy her precious time off and not worry so much about him.

Initially, I have to say, it's pretty daunting taking full responsibility for somebody else's loved one, but this has eased as the weeks have gone by as I get to know Ken better. He clearly enjoys being

out in the countryside expressing delight at the beautiful autumnal shades or the ducks we see in the rivers. We share the enjoyment in our surroundings. Ken is good company. He has a great sense of humour, always cheerful. He is polite, good natured, respectful. He is a pleasure to spend time with.

I am so delighted that Linda gets a small window of time for herself. It's not much, but I know it's a vital recharge/reset moment. I know Linda works tirelessly every day to ensure that all Ken's needs are met. Her absolute priority is that he lives a happy and fulfilled life. Ken speaks a lot about Linda on our afternoons out. He is clearly besotted, and as a couple they are devoted to each other.

It's a privilege to be supporting this family. It's such a short time out of my week. Just a few hours that I am very happy to give. It's incredibly rewarding to feel that both Linda and Ken are benefiting from this time. Although I am sure there will be challenges ahead, I will do whatever I can to support them both on this journey.

Linda blogs about her life with Ken at <https://dementiadiaries.home.blog>

To find out more about volunteering with Carers' Time Off please call your local Carers' Resource office or email aparkin@carersresource.org



Carers Rights Day – saying thank you

Unpaid carers were given a big ‘thank you’ along with their free flu and Covid-19 vaccinations at events on Carers Rights Day 2021.

The events in Bradford and Keighley, on November 25th, offered the chance for unpaid carers to get their vaccines, and information and advice about their rights, along with ‘thank you’ cards, cake and drinks.

Carers’ Resource joined forces with Bradford Council, and Act as One Bradford District and Craven, to run the sessions together to highlight the rights of unpaid carers.

Carers were invited to attend the Carers’ Resource office in Shipley, Keighley Markazi Jamia Mosque, or The Broadway in Bradford, to receive their jabs and chat to Carers’ Resource staff.

Chris Whiley, CEO of Carers’ Resource, says: “We wanted to thank all unpaid carers for everything they have done during these difficult times. People who



are looking after their family or friends work incredibly hard and it's important that they are recognised and appreciated.

“Many people who are looking after family or friends don’t see themselves as carers and may not realise that they have rights.

“These Carers Rights Day events were the chance for people to find out more about what a carer is, and what their rights are.”

Unpaid carers are entitled to free flu and Covid-19 vaccines. Although Carers Rights Day has finished this

year, it is still important for anyone who is a carer to make sure they are up-to-date with their vaccinations.

Carers also have the right to be identified as a carer. This means you can ask your GP practice to identify you as a carer on your patient record.

Other rights of carers include the right to protection from discrimination; the right to receive a Carer’s Assessment; the right to discuss flexible working options; and the right to be consulted on hospital discharge.



Celebrity travel shows are no use to carers

By Emma Clayton

Leisure & Lifestyle Editor, Bradford Telegraph & Argus

If I see one more celebrity gawping in wonder at the Northern Lights I will throw my telly out of the window!

There was a time when TV travel shows offered useful information about a range of holidays, from Costa beach breaks to African safari treks. As well as giving viewers a glimpse of lovely, fascinating places, with some facts about cuisine, culture etc, these programmes also covered the logistics and affordability of travel, and were

generally presented by experienced travel journalists with credibility.

Now it seems you can’t change channels without a rather smug famous person enjoying an indulgent, all-expenses-paid luxury trip, having a marvellous time – but revealing very little of any use to the viewer. Jane McDonald boarding endless cruises. Joanna Lumley on the Silk Road. More recently, Sandi Toksvig’s Extreme Escapes in Norway and Martin Clunes exploring islands of the Pacific.

There are extended family versions of these shows too. In Breaking Dad and Agent Provocateur (two shows where I’m pretty sure the titles came first), Bradley Walsh and his son take off in a motorhome for a series of have-a-go international adventures, while comedian Romesh Ranganathan crosses continents with his mum.

Instead of all this largely daft, self-indulgent stuff, why don’t travel programmes cater for travellers on a tight budget, or those with disabilities, or those who are accompanied by carers?

As a carer for my mum, I found taking her on holiday extremely challenging. It’s not easy taking a wheelchair on planes and ferries, and when we finally arrived at our accommodation, we’d often find it wasn’t suitable for her needs. There wasn’t a great deal of information or advice out there about how to travel as a carer. It was never a holiday for me.

I’ve had my fill of watching highly paid celebrities seeing the world from luxury hotels, cruise liners and mountain hideaways. Bring back travel shows that offer something useful and accessible.





New counselling service for carers

Carers' Resource is excited to be launching a new counselling service for carers, after being awarded funding by the Barclays 100 scheme.

The service is due to begin this spring and we will be able to support eligible carers with between six and eight telephone or online (video call) counselling sessions, free of charge.

Carers will be assigned to a student counsellor, who will be externally clinically supervised.

The counselling sessions will provide a confidential therapeutic space, designed to support our carers through these difficult times. If further support is needed we will refer you on for this.

This project builds on a pilot scheme which we ran last year, when we became a registered placement provider for the Leeds Beckett University School of Counselling and Psychotherapy.

Each University student, as part of their qualifying hours, needs to complete a final workplace placement for 100 days in order to become fully registered with BACP. In our pilot we delivered counselling support to over 87 carers.

We want to thank Barclays for funding our project, initially for a year.

To find out more please email counselling@carersresource.org

I didn't ask to be a carer

One carer writes honestly about the difficult emotions, thoughts and feelings that carers can experience.

I didn't ask to be a carer. When I took on the role I honestly didn't know how time consuming it would be, a rollercoaster ride of emotions, trying to remain positive and smiling, yet I was mentally exhausted.

Years in this caring role. I can never switch off. Sometimes I think of you as a burden and I resent you. I'm suffering, you're suffering. We're in this together.

You think you have it worse than me and all the others who care for you and love you. I think you might be wrong. We observe and witness everything, nothing goes unnoticed. Your pain and suffering is ours too, my heart is bleeding for you. I don't think you know just how much your ill health and slow physical decline tears us apart. I feel you have become selfish and bitter and that 'it's all about you'.

Then I rationalise that no doubt in your position I'd feel the same. I'm so proud of you, of your grit and determination. Your stubborn nature and competitive edge has got you far. These are my constant

tug of war and conflicting feelings, I don't know if I'm coming or going!

I think people choose to help others when they have the time and inclination. When you're a carer you've made an unsaid commitment, there are expectations that seem to grow as time passes. I feel like I'm at your beck and call.

Then I hate myself for being so selfish. Friends and family praise me, they think I've got a halo round my head! I feel like a fake because only I know the ugly thoughts I have. I am certainly no angel!

I don't have time to do the things I want and need to do. My husband's angry (again) as I never got round to doing the food shop (again). My children are upset as I can't attend various activities (again) as I'm 'booked in' to sit with you. I can't tell you any of this because you are so worse off than me!

We ask you to accept more care from the care agency but you stubbornly refuse, Lord have some mercy! You have such little insight how much this is killing us. How long can we go on like this, putting your wishes first and ours last.

I don't live with you so don't have a relentless 24/7 caring role. I honestly don't think I could do it. I would probably be admitted to a psychiatric ward where

I would gladly curl into a ball and let everyone look after me!

Now you've gone... I'd love to be your carer again! Come back to earth, I want to see you again. I want to do it all differently.

The bond that we had, that we made, could only come with my carer role. I am so thankful of those special years we had together.

I punish myself with 'I could have done more', 'I should have done more', 'why didn't I make more of an effort making special memories?'

But I have acknowledged that I did as much as I could at that time. I had a job and family to maintain. I had my own sanity to think about!

It is amazing how resilient we both turned out to be, we kept going in the face of adversity. We endured it well. You are my hero.

At some point I plan to have counselling, not just for the bereavement, but for all those unwanted, unexpected ugly thoughts I had, that sadly I can't forget. Fortunately I have spoken to others and know that I'm not alone with such thoughts.

*We are only human after all...
Let that be a carers' mantra!*



Meet carers online

All our online sessions are held via Google Meet and you will be sent a link when you book your place. We can help you join.

Virtual Carer Forums

Our carer forums are a chance for carers to share their views, discuss improvements and local and national issues that affect carers.

Thursdays 7th Apr, 2nd Jun at 1.30pm

Contact Amy Stoddart: 01274 449660
astoddart@carersresource.org

Wellbeing Sessions Online

Monthly interactive sessions promoting self care, laughter, resilience and relaxation.

Tuesdays 29th Mar, 26th Apr, 24th May at 10am

Contact Catherine Knight: 01274 449660
cknight@carersresource.org

Just for Fun Online Quiz Group

Light-hearted quiz fun and a chance to meet other carers online.

Wednesdays 16th Mar, 20th Apr, 18th May from 3pm-4pm

Contact Joanne Beetham:
jbeetham@carersresource.org

Book Group Online

Guided discussion on chosen book.

Fortnightly Thursdays from 10th Mar from 7.30pm-8.30pm

Contact Mel Evans: 01274 449660
groupworkers@carersresource.org

Information Drop-ins Online

Got a question? Want to know how to access support or need advice about your caring situation?

Mondays 21st Mar, 18th Apr, 16th May from 10am-12noon

Contact Caroline and Phil: 01274 449660
informationteam@carersresource.org

Wellbeing Coffee Mornings

An informal get-together and chat.

Thursdays 31st Mar, 26th Apr, 26th May from 10am-11.30am

Contact Sarah Czujko: 01274 449660
sczujko@carersresource.org

Parent Carer Webinars

Virtual meeting featuring topical and relevant information for parent carers.

Wednesday 9th Mar at 2.30pm PIP for parent carers

Contact Lucy Cartwright:
lcartwright@carersresource.org

Meet Carers in Harrogate District

Carer Coffee and Chat Groups

Friendly carer meet ups to have a chat and get to know other carers.

Wetherby, venue TBC

Mondays 21st Mar, 25th Apr, 16th May at 2pm

Boroughbridge, Bean Café

Wednesdays 9th Mar, 13th Apr, 11th May at 10am

Harrogate, Cedar Court Hotel

Wednesdays 16th Mar, 20th Apr, 18th May at 11am

Masham, Methodist Church

Wednesdays 16th Mar, 20th Apr, 18th May at 2pm

Ripon, Booths

Tuesdays 8th Mar, 12th Apr, 10th May at 2.30pm

Pateley Bridge, TBC

For Wetherby, Boroughbridge, Pateley Bridge, Ripon and Harrogate groups contact Carol Lancaster:
clancaster@carersresource.org

For Masham, contact Isobel Holmes:
iholmes@carersresource.org
01423 500555.

Dales Diners

Home made lunch for carers and the person they care for with memory problems.

Christ Church Hall, Darley

Thursdays 3rd Mar, 7th Apr, 5th May at 1pm – Cost £5

Contact Carol Lancaster: 01423 500555
clancaster@carersresource.org

Dancing for Well-Being

Gentle seated exercise to music, no dancing necessary! Followed by afternoon tea.

Christ Church Hall, Darley

Thursdays 17th Mar, 21st Apr, 19th May at 2pm – Cost £5

Contact Carol Lancaster, clancaster@carersresource.org 01423 500555

Pateley Bridge Craft Group

Learn a different craft every month with plenty of laughter too. No experience necessary!

Nidderdale Plus, Pateley Bridge

Wednesdays 16th Mar, 20th Apr, 18th May at 2pm – Cost £5

Contact Carol Lancaster: 01423 500555
clancaster@carersresource.org

Meet Carers in Bradford District

Bradford Carers Allotment Group

Digging, landscaping and building wooden structures with other carers on Carers' Resource's own allotment plot.

Undercliffe Allotments, Northcote Rd, Bradford

Tuesdays from 11am-1pm

Booking essential. Contact Becca Marshall: 01274 449660
bmarshall@carersresource.org

Bread Making for Parent Carers

Learn how to make a variety of breads to take home and enjoy.

Shipley Kirkgate Centre

Thursdays 3rd Mar, 7th Apr from 9:30am-12:45pm

Booking essential. Contact Lucy Cartwright:
lcartwright@carersresource.org

Bradford Park Strolls

Join carers for a gentle stroll in one of Bradford's beautiful parks followed by a chat in a nearby café.

Cliffe Castle Park

Alternate Wed from 2nd Mar at 10am

Harold Park

Alternate Fri from 11th Mar at 10am

Contact Mel Evans: 01274 449660
groupworkers@carersresource.org

Carer Craft and Chat Group

Meet other carers and enjoy a different craft activity each month.

The Life Centre, 102-104 Bierley House Avenue, Bradford

Tuesdays, 1st Mar, 5th Apr, 3rd May from 10am-12noon

Booking essential. Contact Mel Evans: 01274 449660
groupworkers@carersresource.org

Baildon Carers Coffee Group

Join us for a coffee and chat, friendly support, activities and information.

St Hughes Centre, Baildon

Mondays 7th Mar, 4th Apr, 2nd May from 2pm-3pm

Contact Mel Evans: 01274 449660
groupworkers@carersresource.org

Bingley Carers Drop-in

A friendly drop in open to all carers.

The Lounge, 2 Queen St, Bingley

Wednesdays, 2nd Mar, 6th April, 4th May from 10.30am-12noon

Contact Joanne Beetham: 01274 449660
jbeetham@carersresource.org



Cookery Course for Parent Carers

Parent carers learn to cook a simple budget-friendly family meal to take home to share.

Keighley Healthy Living,
13 Scott St, Keighley
Fridays 4th Mar, 11th Mar,
18th Mar from 10am–11.30am

Booking essential.

Contact Lucy Cartwright:
lcartwright@carersresource.org **Ilkley**
Carers Coffee and Cake

A group for carers to meet and enjoy coffee and cake.

Clarke-Foley Centre, Ilkley
Tuesdays 1st Mar, 5th April,
3rd May from 10.30am–12noon

Contact Fiona McKinnon-Evans:
fmckinnon-evans@carersresource.org
01756 700888

Keighley Carers Group

An informal meeting for carers and those they care for to get together and chat.

Endless Kettle,
38 High Street, Keighley
Fridays, 4th Mar, 1st Apr,
6th May from 10am–11.30am

Contact Rachel Waddington:
rwaddington@carersresource.org
01756 700888

Oakworth Welcome Drop-in

A friendly drop-in for carers and the people they care for.

Oakworth Methodist Church,
107 Lidget, Oakworth, Keighley
Mondays 7th Mar, 4th Apr and
Tuesday 3rd May from 1.30pm–3.30pm

Contact Carly Brunskill: 01756 700888
cbrunskill@carersresource.org

Parent Carer Group, Keighley

An informal meeting for Parent Carers.

Central Hall, Alice Street, Keighley
Fridays, fortnightly from 11th Mar
from 10.30am–11.30am

Contact Lucy Cartwright: 01274 449660
lcartwright@carersresource.org

Parent Carer Group, Shipley

An informal meeting for Parent Carers.

Venues vary
Thursdays from 11am–1pm

Contact Lucy Cartwright: 01274 449660
lcartwright@carersresource.org

Worth Connecting

Internet and basic digital skills for 55+.

Locations across Bradford district.
For details contact Worth Connecting:
info@worthconnecting.org 01274 449660

Activities for Male Carers

Men's Online Forum

Help steer and develop activities and events that would interest men.

Wed 9th Mar from 6.30pm–7.30pm

Men's Tasty Treat

Join us and enjoy a meal and a chat with other male carers.

Bradford venue TBC
Wed 17th May from 6.30pm–7.30pm

Men's Walk and Talk Group

Walk in Lister Park followed by cake and a cuppa.

Bradford venue TBC
Tues 22nd Mar from 1pm–2pm

No charges – booking essential.
Contact Mohammed Mahboob:
07874 867136 or 01274 449660
mmahboob@carersresource.org

Meet Carers in Craven District

Craven Carers Allotment Group

Enjoy gardening and growing your own food with other carers.

Middletown Allotments, Skipton
Fridays from 10am–12noon
Contact Carol Hudson: 07936 938567
chudson@carersresource.org

Parent Carer Drop in, Skipton

Peer support for parent carers.

Carers' Resource, 36 Brook St, Skipton
Thursdays 10th Mar, 21st Apr,
12th May from 9.30am–11am

Contact Natalie Baxter: 07801 577196
nbaxter@carersresource.org

Craven Crafternoons

A monthly craft group for carers – knit and natter, craft and chat.

Carers' Resource, Skipton
Wednesdays 2nd Mar, 6th Apr,
4th May from 1pm–3pm

Contact Debi Hawkins: 01756 700888
dhawkins@carersresource.org

Settle Carers Support Group

Monthly drop in for chat with Carers' Resource staff and other carers.

The Place, Commercial St, Settle
Thursdays 24th Mar, 28th Apr,
26th May from 1.30pm–3pm

Contact Debi Hawkins: 01756 700888
dhawkins@carersresource.org

Craven Carer Lunch Groups

A social lunch group for carers and those they support to get together. All start at 12noon.

North Craven, Bentham Golf Club
Mon 28th Mar, 25th Apr, 30th May

Settle, Golden Lion
Mon 14th Mar, 11th Apr, 9th May

Mid Craven, Gamekeepers Inn, Threshfield
Fri 15th Mar, 18th Apr, 20th May

Skipton, The Railway Pub
Wed 2nd Mar, 6th Apr, 4th May

South Craven, Old White Bear, Crosshills
Thurs 3rd Mar, 7th Apr, 5th May

For Mid Craven contact
Caroline Hanham: 07590 877916
chanham@carersresource.org

For Skipton contact
Sharon Eccleston: 07801 577193
seccleston@carersresource.org

For North Craven and Settle contact
Debi Hawkins: 01756 700888
dhawkins@carersresource.org

For South Craven contact
Carol Hudson: 07936 938567
chudson@carersresource.org

Women's Group

For dates and venues contact
Debi Hawkins: 01756 700888
dhawkins@carersresource.org

Utopia Cafe Carer Drop-in

Friendly drop in open to carers and the people they care for.

Utopia, Broughton Hall BP, Skipton
Tuesdays 8th Mar, 12th Apr, 10th May
from 10am–11.30am

Booking essential. Contact
Rachel Waddington: 01756 700888
rwaddington@carersresource.org

Pioneer Projects – Making Connections For People Living with Dementia

Carers' Resource, Skipton
Mondays weekly in term time
from 10.30am–12.30pm

Booking essential. Contact
Pioneer Projects: 015242 62672
office@pioneerprojects.org.uk

Carer Groups with Pioneer Projects – for Carers of People with Dementia

Carers' Resource, Skipton
Mondays 14th Mar, 9th May
from 10.15am–12.15pm

Contact Carol Hudson: 07936 938567
chudson@carersresource.org

The Library, King Street, Bentham
Mondays 7th Mar, 4th Apr,
2nd May from 10.15am–12.15pm

Contact Debi Hawkins: 01756 700888
dhawkins@carersresource.org



A Bit of a Break

When a family member has a terminal illness, creating lasting memories and making the most of the time you have together can be so valuable.

That's where A Bit of a Break can help – the charity provides holiday cottages and apartments in beautiful areas of the country, allowing people in the last stages of their life to spend time away with their loved ones.

A Bit of a Break was initially set up five years ago under the umbrella of Carers' Resource, and became a registered charity in November 2019.

The organisation sources unfilled weeks in holiday properties and then matches them with people who are living with terminal illness.

Paula Hunt, one of the charity's trustees, says: *"It's a little bit like match-making. We have a few different properties in different parts of the country – the Lake District, Northumberland, the Yorkshire Coast, around 25 properties in total."*

"We enable people, who are probably in their final 12 months of their lives, to make lasting memories, to get away from things and have a lovely holiday, and try and switch off a bit from thinking about their illness."

"We get some wonderful feedback from people, saying how magical it was, especially to be able to spend time with their loved ones."

The charity was started by Angela Sturgeon, who was diagnosed with ovarian cancer in 2011 and campaigned tirelessly throughout her illness, raising money for cancer charities.

She loved spending precious time away with family and friends where she could take a break from hospitals, feel normal again and build lasting memories. She wanted to help others do the same, so raised a further £13,000 to set up A Bit of a Break.

Angela sadly passed away in 2016 but her friends and family have continued to campaign and raise money in her name.

People can be referred to A Bit of a Break by Carers' Resource,

as well as by Bingley Medical Practice, Manorlands Hospice, and Macmillan Community Support (North Mersey).

Paula explains: *"People may not be able to afford a holiday, or they may not want to take the risk of booking a holiday because they could become too unwell. It takes all that risk out of booking a holiday."*

"These are people who need a break, to get some space, without the worry and risk of committing to booking a holiday when life isn't so straightforward."

The charity is keen to get more properties on its books, and also needs to fundraise in order to cover the costs of property owners.

Paula says: *"Carers' Resource were so supportive and took us under their wing and we operated as a separate little ringfenced fund for the first three years. Then we decided we needed to step out and become a charity in our own right."*

"We're always looking for more properties, and fundraising. The more properties we have, the more we can offer people. If anybody's got any fundraising ideas, every little helps."

"The properties are gifted to us for free but we cover the costs of the owner's cleaning and laundry, around £100-£120 for a week."

If you, or someone you know, would benefit from A Bit of a Break holiday, please contact your local Carers' Resource office to discuss a referral.

If you have a holiday property and could help the charity, please email Paula at paula@abitofabreak.com for more information about how it all works.

For more information about A Bit of a Break go to <https://abitofabreak.com>



"Thank you, A Bit of a Break, for this special time. We were relaxed, happy and smiling and forgot about our worries for just one week. It made us talk more about things we were afraid of and listen to each other's feelings. This was so much more than a holiday. The memories are very precious and will stay with us all."



Bethany's Brilliant Fundraiser

Young carer Bethany, from Harrogate, raised £85 for Carers' Resource through selling homemade rag-wreaths at Saltergate School.

Bethany, 10, cares for her mother who has epilepsy. Her mum says: *"I need her to listen out when I'm having a bath, help me with many household jobs, as my medication makes me very drowsy and forgetful, and then call my mum for help if I get unwell. Recently she did this after I blacked out – she called my mum and then got me a pillow and a teddy and talked to me until my mum came."*

Bethany goes to our Budz youth club. She says: *"I really love going to Budz, but the trips are my favourite! The money that Young Carers receives comes from people being generous and is used to pay for our entertainment. Without people being generous, we would not be able to do what we do."*

"I got my inspiration for my fundraising from Brownies, where we made wreaths out of material. I found this a very fun activity and the end result was amazing."

"I chose Young Carers to raise money for because it is really fun and they do awesome activities! As I am a young carer, I do not want this to stop because they have run out of money."

Linda, our young carer worker in Harrogate, and the rest of the team, are very proud of Bethany's hard work and fundraising achievement. Trips and activities for young carers are highly important for their wellbeing. They give young carers a break and allow them to have time for themselves, to meet new people and to have some fun.

If you've been inspired by Bethany's fundraising and wish to do some of your own, please contact Claire at cmacina@carersresource.org



"It helps to be able to express my feelings"

It's thought there are around 800,000 young carers in England – children who are helping to look after a parent, sibling, or other family member.

We spoke to the Hollins family from Harrogate about their experiences and how their young carers' support groups have helped them.

Benjy Hollins, 11, has been attending the Carers' Resource youth club, Budz, since he was seven. His brother Noah, 9, also goes to the club. Their younger brother, Arthur, 7, has learning disabilities and autism.

The boys' mum, Lizzie, says the young carers' groups and activities have helped them relax and enjoy some time away.

"It's just wonderful that they've got that time where it's not all about Arthur. It's good for them to spend time with other children who understand," she says.

"They provide trips and outings as well which is great because there's lots of things we can't do as a family in terms of outings because Arthur wouldn't be able to cope with it.

"It gives them something they enjoy and it makes them feel special. Arthur gets a lot of attention, a lot of hospital appointments – it's important for them to have something special that's just for them. It's rewarding them as well and saying we know it's harder for them.

"Arthur gets upset quite easily. The boys are really good at knowing how to calm him down if he's getting distressed. They help me out with things around the house and they know they can't be too noisy, or let Arthur know if they're doing something that might upset him.

"They have had to look after themselves and each other quite a lot because Arthur needs me 100 per cent of the time. He gets jealous if I spend time with them. They have had to grow up quite quickly in terms of sorting themselves out, getting themselves ready for school."



Lizzie says it has helped the boys to be able to talk to the young carer workers. *"It's lovely for them to have someone to talk to who's not me or their dad, because I know they don't want to upset us by talking about things they're worried about or upset about. They know they can say what they want and it's not going to upset me."*

"One day in lockdown Benjy was getting really upset and one of the young carer workers came and took him for a walk in the woods and had a chat with him which really helped."

Benjy says he has made new friends at Budz, the youth club. *"We can just chill, we play games, we hang out. It's nice just to have a bit of time away," he says.*

"They take us on trips – at Christmas me and Noah went on a Santa train ride and then we went to Billy Bob's. That was really nice to be able to do something we wouldn't necessarily be able to do with Arthur. It is really nice just to get away for a bit. We went to a Build a Bear once."

He says talking through his feelings with the young carer workers is important.

"They're really nice about everything," he says. "I talk to them a lot. It really helps to be able to express my feelings a bit and talk to someone and be able to be open about things."

Carers' Resource offers a range of young carer services across Harrogate, Bradford and Craven, including one-to-one support, youth groups and regular trips and activities.

To find out more about support available for young carers, call your local Carers' Resource office or go to <https://youngcarersresource.org>



Young Carer Hub launched on Instagram

Young carers aged 13 and over from Bradford, Harrogate and Craven are being invited to join a new Young Carer Hub on Instagram, where they can find advice and support.

The Instagram page aims to create a space for young carers to find support and connect with each other as they move into being young adult carers.

A number of local young adult carers have made a series of videos giving their own top tips and personal experiences of applying to university, getting jobs and moving away from home.

Young carer Tom gives advice on moving into post-16 education, including how to choose the right course and the right college. He says: *"Don't feel as a young carer that you have any limits on yourself, on where you can go and what you can do."*

Followers of the page can also access information and signposting on subjects such as interviews, building trust and talking to universities and employers about caring responsibilities.

The Instagram page aims to help bridge the gap between young carer services and adult carer services.

The Instagram page can be found at @youngcarerhub – www.instagram.com/youngcarerhub

Young carers can be put in touch with Carers' Resource by a family member, teacher, GP or other professional, or they can get in touch themselves. Call 01423 500555 or see <https://youngcarersresource.org>



What's the Government's vision for unpaid carers?

In December 2021 the Government published a White Paper on Adult Social Care, called "People at the Heart of Care: adult social care reform".

This sets out the Government's vision for social care reform, which includes "a vision that recognises unpaid carers for their contribution and treats them fairly".

The 10-year vision revolves around three objectives:

1. People have choice, control and support to live independent lives.
2. People can access outstanding quality and tailored care and support.
3. People find adult social care fair and accessible.

What does this mean for carers?

The White Paper states: "We want unpaid carers to be able to say:

- "I am supported to provide care as I wish and do so in a way that takes into account my own access to education, employment, health and wellbeing."
- "I have a life outside caring and I am able to remain connected to the people who matter to me."
- "I know my needs are equally recognised and my goals and aspirations are respected and fulfilled."
- "I have the right information and advice to be able to make informed decisions."

- "I have access to appropriate support, that suits my needs including respite care and carers' breaks."

How is the Government planning to make this happen?

New announcements for carers in the White Paper include:

- £25 million to kick start support for carers including respite care
- £5 million for funding information and advice systems
- Inclusion of young carers in the schools census at their earliest opportunity
- Modernisation of elements of Carer's Allowance

What are the positives?

The White Paper recognises the importance of unpaid carers throughout its proposals and sees them as an equal partner in care.

The extra money should help improve the experiences of unpaid carers. It focuses on areas that are priorities for many carers, including having access to breaks, and more personalised and better quality care for their loved ones.

Modernisation of Carer's Allowance delivery will improve carers' experience and speed of decision making and reduce errors in the system.

Including young carers in the school census will improve recognition and provision of support for this important and vulnerable group.

What are the negatives?

Many unpaid carers are already at breaking point and the extra money promised will not go far enough.

Carer's Allowance will remain the lowest benefit of its kind – there's no provision to reform this and no commitment to review the earnings limit.

What happens next?

The Government will start working towards the development of the new funded proposals. There may be a number of pilot projects set up and carer organisations and carers will be involved.

Carers' Resource will continue to campaign for greater recognition and support for carers.

There is a Transforming Social Care website which explains the reforms to the public, which can be found here: engage.dhsc.gov.uk/social-care-reform

Young carers enjoy Santa Steam Train trip and festive tea

Young carers were treated to a magical Christmas experience with a Santa Steam Train trip and a visit to Billy Bob's, thanks to the Harrogate branch of the Yorkshire Building Society.

The young carers met Santa and his elves on the Embsay and Bolton Abbey Steam Railway, and then had a festive tea at Billy Bob's.

Colleagues at the Society's branch, on Oxford Street, nominated Carers' Resource for a donation of £1,131 from Yorkshire Building Society Charitable Foundation, which paid for the young carers to go on the day out. The building society's customers also donated presents for them.

Linda Hall, Young Carer Worker at Carers' Resource, says: "The young carers had a fabulous day out, giving them a fun break from their caring role

and helping them to have a magical festive experience.

"We're very grateful to the Harrogate branch of Yorkshire Building Society and their customers for supporting young carers."

Sarah Ross, customer consultant at the Harrogate branch of Yorkshire Building Society, said: "We are proud to be able to support Carers' Resource with this donation from Yorkshire Building Society Charitable Foundation. The work that they are doing to support young people and adults within the community is providing a real benefit to their lives.

"We'd also like to thank our customers and the members of the public that have contributed to our collection for the charity to enable them to provide gifts for the young carers this Christmas."



Spring Open Days at our Allotment!

The Carers' Resource allotment project continues to flourish at Undercliffe in Bradford.

A lot of work has gone into creating this outdoor space for our carers and their loved ones, the local community and our staff. So far, we've created raised beds, a wild flower area and paths that are wheelchair and pushchair accessible.

We are excited to host several Open Days in the spring of this year. These are an opportunity for people to come up to the sensory garden and allotment to look round, see the progress, have a chat, and for potential groups to understand how they can utilise the space.

We are opening the allotment for our carers, staff and volunteers to visit on Wednesday April 13th (10.30am–12.30pm) and on Tuesday April 19th (1pm–3pm).

We are also inviting the local community to Open Days on Thursday 14th April (11am - 1pm) and Wednesday 20th April (1pm- 3pm).

Visitors are more than welcome to get stuck in! If you're happy getting muddy, it's time for the turning of vegetable and flower beds, weeding and planting of seeds. We still have limited equipment, so people are welcome to bring their own.

We also encourage visitors to wear sturdy boots and bring gloves.

Our current jobs include the creation of a community seating area, graffiti wall, woodland den, potting shed/art space, wildlife pond and a composting loo. We then have the exciting part of planting up all the different landscaped areas and watching the veg grow.

The allotment and sensory garden is also a great space for people to come and meet others for a chat, to spend an hour or two getting away from the humdrum of life, or to have team meet-ups as the weather gets better.

Please come and take a look at this fantastic transformation, or get involved by volunteering or donating gardening tools (e.g. hand trowels, hoes, watering cans, spades, forks, plant pots).

If you wish to attend an Open Day or have tools to donate, please get in touch with Becca on 07842 312719 or bmarshall@carersresource.org.

If you're interested in volunteering your time, please get in touch with Andrew on aparkin@carersresource.org or 07761 510603. The more green fingers the merrier!

End of life support group

A new peer support group for people with an end of life diagnosis, and their loved ones, started this January.

The scheme covers areas including Bradford city centre, Manningham, Toller, Little Horton, Bradford Moor, Bowling & Barkerend, Bolton & Undercliffe and Heaton.

It's being run by the Thornbury Centre and the group will initially meet via Zoom. To find out more or to register an interest in attending, please email David Holt at dholt@thornburycentre.com or call 07341 089314.



Success and snow at the Great Skipton Santa Fun Run

A team of 30 staff, volunteers, unpaid carers and clients from Carers' Resource braved the blizzards to take part in the Great Skipton Santa Fun Run on Sunday November 28th.

The charity's team, which included a number of enthusiastic canine participants, raised more than £1,800 to support unpaid carers.

Claire Macina, Fundraiser at Carers' Resource, said: "We're so grateful to everyone who took part and all those who donated and helped raise money to support unpaid carers. And a big thanks to the Rotary Club of Skipton Craven for putting on such an amazing event."

"It was an extra-special Skipton Santa Fun Run this year as the snow began

falling just before the start! All our team, including wheelchair participants and a few dogs, did amazingly well to keep going through the heavy snow and reach the finish line."

If you'd like to get involved in fundraising for carers, please email fundraising@carersresource.org or call your local Carers' Resource office.



Carers' Resource is an independent and nationally recognised Yorkshire charity which gives tailored information and support to carers, those in need of care and support, and the professionals who work with them. Our services support people to remain independent, and have choice and control to improve their lives or situations.

Carers' Resource is a company limited by guarantee. Reg charity no. 1049278.

If you look after a partner, relative, child or a friend who is disabled or ill due to physical or mental health, you are an unpaid carer, even if you don't think of yourself as one. Find out about the emotional, practical and financial support available to you.

We are here to help – talk to us

Call our Freephone advice line on **0808 501 5939**. Lines are open 10am–4pm Monday to Friday and will be answered by our specialist team. Our team will give you information that is reliable and up to date and help you to access the advice and support you need.

EDITORIAL CONTRIBUTIONS

Contributions (300 words max) are welcomed but may be edited.

The views expressed do not necessarily reflect policy of Carers' Resource.

Reference to any service does not imply recommendation.

The submissions deadline for the next issue is 2nd May, 2022. Send copy to the editor by emailing choices@carersresource.org, or post submissions to the Bradford office (address right).

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Follow us on social media to find out more about events and other resources:

 /carersresource

 @CarersResource

Festive cheer at Harrogate Christmas Fayre

Carers' Resource raised awareness of unpaid carers by giving away leaflets and advice along with free Christmas chocolates at Harrogate Christmas Fayre on December 9th.

Teams of staff manned the stall throughout the day and generous donations from shoppers also raised £250 for carers.



Jeff McGillan from Cadbury kindly donated mini chocolate puddings for the charity to distribute alongside leaflets and newsletters.

Market Place Europe and Harrogate Borough Council provided a stall for different local charities on each day of the Fayre.

Chris Whiley, CEO at Carers' Resource, says: "We'd like to say a massive thank you to both Market Place Europe and Harrogate Borough Council for supporting Carers' Resource at Harrogate Christmas Fayre."

"It allowed us to raise our profile and highlight to both residents and visitors the work we do to support the local community. The market was really popular and we spoke to lots of people as well as generating some valuable funds for Carers' Resource."

"Thanks also to the Local Lotto for this opportunity to meet our local community, and Cadbury for their donation of Christmas chocolates."

Gain confidence and develop skills with Carers' Futures

Bradford residents who are caring for a loved one are being offered the chance to develop skills and improve their confidence with a new service – Carers' Futures.

The Carers' Resource service offers unpaid carers one-to-one support, by phone, online or face to face.

Carers who would like help with personal development, confidence-building, or employment skills are invited to contact the team.

Support is also available for unpaid carers who may be having difficulties at work or in education, due to their caring responsibilities.

To find out more please email employment@carersresource.org or call 01274 449660.